2001
AMENDMENTS
to the
Program of Studies: Career and Technology Studies
Junior and Senior High Schools

1. **Insert** Career and Technology Studies title page, following Career and Technology Studies divider.

2. **Replace** Career Transitions, pages 9 to 24, with **revised** Career Transitions, pages 9 to 26.

3. **Replace** Community Health, pages 9 to 36, with **revised** Community Health, pages 9 to 36.

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CAREER AND TECHNOLOGY STUDIES

CONTENTS

CAREER TRANSITIONS

B. STRAND RATIONALE AND PHILOSOPHY

Career Transitions, a strand in Career and Technology Studies, focuses on helping students recognize the relevance of schooling and to make a smooth transition from secondary school to the world of work or to further training and/or education. Key themes include Career Readiness, Leadership, Career Extensions, Career Credentials, Job Safety Skills, Client Service and Career Directions.

Career Transitions has the potential to create meaningful educational experiences for today's high school students. It supports integration across curricular areas and partnerships in which students, schools, businesses and the community can work together toward common goals.

Each Career Transitions course promotes the development of independent thinking and decision-making skills. As well, the courses encourage the abilities and flexibility required to adapt to new situations, including the pursuit of career advancement opportunities and changes in career paths. Career Transitions also helps students recognize the relevance, transferability and applicability of competencies they have developed in other courses and through hobbies, interests or work.

Students participating in Career Transitions are encouraged to set realistic career goals and to increase their motivation to succeed in courses that are related to these goals. Career Transitions helps students determine what employers and others expect of prospective employees, and encourages students to actively work to meet their own and others' expectations. Contact with role models in the work setting can provide accurate information about the training and pretraining requirements of occupations and the availability and use of up-to-date technology.

Within the philosophy of Career and Technology Studies, *students* in Career Transitions *will:*

- analyze the job market and societal trends, and relate them to personal career plans

- explore selected occupations in depth

- demonstrate successful job search, job acquisition and maintenance skills

- understand the concept of job termination

- develop acceptable work habits and positive attitudes toward work

- identify and discuss the expectations and the rights and responsibilities of employers and employees

- recognize and develop a positive attitude toward safety and safe workplace practices

- identify and understand legislation and regulations that govern employers and employees

- understand the relationships among the individual worker, the employer, organized labour and the government

- recognize and develop leadership and client service skills

- apply leadership and client service theory and skills in a variety of contexts

- explore the relationship between education, training and career advancement

- develop and demonstrate project management skills

- make a smooth transition between schooling and the world of work

- attain externally recognized credentials, where available

- develop a career portfolio, prepare learning/ career plans, including transition scenarios, and establish and implement action plans for strengthening their essential competencies (employability skills) and learning capacity.

SCOPE AND SEQUENCE

INTRODUCTORY	INTERMEDIATE	ADVANCED	THEME
Job Preparation — CTR1010	Job Maintenance — CTR2010		Career Readiness
		Preparing for Change — CTR3010	
Leading by Example — CTR1020	Taking the Lead — CTR2020	Organizational Leadership — CTR3020	Leadership
	Governance & Leadership — CTR2030	Leading for Change — CTR3030	
Project 1A — CTR1110	Project 2A — CTR2110	Project 3A — CTR3110	Career Extensions
Project 1B — CTR1120	Project 2B — CTR2120	Project 3B — CTR3120	
	Project 2C — CTR2130	Project 3C — CTR3130	
	Project 2D — CTR2140	Project 3D — CTR3140	
	Project 2E — CTR2150	Project 3E — CTR3150	
		Practicum A — CTR3040	Career Credentials
		Practicum B — CTR3050	
		Practicum C — CTR3060	
		Practicum D — CTR3070	
		Practicum E — CTR3080	
Personal Safety† (Management) — CTR1210	Workplace Safety (Practices) — CTR2210	Safety Management Systems — CTR3210	Job Safety Skills
Client Service 1 — CTR1030	Client Service 2 — CTR2040	Client Service 3 — CTR3090	Client Service
Career Directions—Foundations — CTR1310	Career Directions—Expansion — CTR2310	Career Directions—Transitions — CTR3310	Career Directions

———— Prerequisite   - - - - - Recommended Sequence

† Course is also offered in Community Health.

GENERAL OUTCOMES: INTRODUCTORY LEVEL

COURSE CTR1010: JOB PREPARATION

Level:	Introductory
Theme:	Career Readiness
Prerequisite:	None
Description:	Students develop successful employment search skills and a personal employment search portfolio.
General Outcomes:	*The student will:*

- identify and develop knowledge, skills and attitudes appropriate for conducting successful employment searches
- communicate in the language in which business is conducted
- prepare a personal employment search portfolio
- use technologies, tools and information systems appropriately for job preparation
- demonstrate basic competencies.

COURSE CTR1020: LEADING BY EXAMPLE

Level:	Introductory
Theme:	Leadership
Prerequisite:	None
Description:	Students develop awareness of the principles and practices of leadership and develop, implement and assess a personal leadership plan.
General Outcomes:	*The student will:*

- define concepts, terms and practices relating to leadership
- develop a plan to demonstrate leadership by example behaviours
- demonstrate leadership abilities as outlined in the plan
- demonstrate basic competencies.

COURSE CTR1030: CLIENT SERVICE 1

Level:	Introductory
Theme:	Client Service
Prerequisite:	None
Description:	Students are introduced to the principles and practices of client service. The learning acquired through other CTS courses is extended and enhanced, and opportunities are provided for students to apply and to integrate, in real-life contexts, the knowledge, skills and attitudes developed through other courses.
	The context of instruction for this course is determined by the other CTS strands to which it is linked.
General Outcomes:	*The student will:*

- define "client service" and explain the relationship between "client" and "service"

- identify and describe the scope of client services available to clients

- demonstrate and record basic client services, including:
  - applications of competencies learned in other courses
  - communication skills
  - safety practices

- demonstrate basic competencies.

COURSE CTR1110: PROJECT 1A
COURSE CTR1120: PROJECT 1B

Level:	Introductory
Theme:	Career Extensions
Prerequisite:	None
Description:	Students, through projects, extend and enhance competencies developed in the Career Transitions strand or other Career and Technology Studies strands to contexts that are personally relevant.
General Outcomes:	*The student will:*

- propose, manage and assess a project

- meet goals as defined within the project plan

- demonstrate basic competencies.

COURSE CTR1210: **PERSONAL SAFETY (MANAGEMENT)**

Level:	Introductory
Theme:	Job Safety Skills
Prerequisite:	None
Description:	Students develop practical safety-related knowledge, skills and attitudes, and obtain certification in emergency first aid.

General Outcomes: *The student will:*

- identify and describe:
  - health and safety stakeholders
  - legislation relating to health and safety
  - hazards; e.g., in offices
  - careers in safety

- demonstrate basic health and safety practices, including:
  - burn prevention
  - use of personal protective equipment (PPE)
  - back care

- develop and implement a personal health and safety plan

- complete, successfully, a course in emergency first aid (EFA)

- demonstrate basic competencies.

COURSE CTR1310: **CAREER DIRECTIONS—FOUNDATIONS**

Level:	Introductory
Theme:	Career Directions
Prerequisite:	None
Description:	Students build on work done in junior high school to prepare learning/career plans, to develop a career tool kit, and to establish and implement action plans for strengthening essential competencies and learning capacity.

General Outcomes: *The student will:*

- develop a career portfolio, showing evidence of strengths and experiences, including:
  - academic, technical and essential competencies
  - credentials and work experiences

- describe career planning process and principles

- complete learning/career planner and develop personal career network/ resource list

- prepare a personal career transition scenario—high school plus one year—including:
    - links to personal skills, interests and goals
    - research of selected occupations/industries and learning requirements

- outline and implement action plans to enhance essential competencies and to build learning capacity.

GENERAL OUTCOMES: INTERMEDIATE LEVEL

COURSE CTR2010: JOB MAINTENANCE

Level: Intermediate

Theme: Career Readiness

Prerequisite: CTR1010 Job Preparation

Description: Students acquire knowledge about workplace requirements, rights and responsibilities and relate this knowledge to personal career/employment expectations.

General Outcomes: *The student will:*

- identify and develop knowledge, skills and attitudes appropriate to acquiring and maintaining employment

- identify and describe employment support agencies, employment centres and employment legislation

- demonstrate basic competencies.

COURSE CTR2020: TAKING THE LEAD

Level: Intermediate

Theme: Leadership

Prerequisite: CTR1020 Leading by Example

Description: Students compare basic theories and styles of leadership, and demonstrate leadership in a school, workplace or community context.

General Outcomes: *The student will:*

- compare theories and styles of leadership

- demonstrate the ability to lead others

- demonstrate basic competencies.

COURSE CTR2030: GOVERNANCE & LEADERSHIP

Level: Intermediate

Theme: Leadership

Prerequisite: CTR1020 Leading by Example

Description: Students are introduced to governance, its place within the administrative structure of a school or community, including the roles, responsibilities, practices and procedures for participating in governance and leadership.

General Outcomes: *The student will:*

- describe and explain the purpose of a governance structure
- participate in leadership activities within a school, volunteer agency or a community governance structure
- demonstrate leadership in a governance role
- demonstrate basic competencies.

COURSE CTR2040:   CLIENT SERVICE 2

Level: Intermediate

Theme: Client Service

Prerequisite: CTR1030 Client Service 1

Description: Students expand on the principles and practices of client service previously developed. The learning acquired by students in CTR1030 Client Service 1 is extended and enhanced, and additional opportunities are provided for students to develop client service abilities by applying and integrating, in real-life contexts, the knowledge, skills and attitudes developed through other courses.

The context of instruction for this course is determined by the other CTS strands to which it is linked.

General Outcomes: *The student will:*

- distinguish between client needs and wants and be able to reconcile expressed needs with service needs

- demonstrate and record advanced client services, including:
  - applications of competencies learned in other courses
  - ethical behaviour
  - sales ability
  - quality control
  - marketing
  - client service management

- identify, explain and apply basic quality control principles and practices

- identify, explain and apply basic sales and marketing strategies

- demonstrate basic competencies.

COURSE CTR2110:	PROJECT 2A
COURSE CTR2120:	PROJECT 2B
COURSE CTR2130:	PROJECT 2C
COURSE CTR2140:	PROJECT 2D
COURSE CTR2150:	PROJECT 2E

Level: Intermediate

Theme: Career Extensions

Prerequisite: None

Description: Students, through projects, extend and enhance competencies developed in the Career Transitions strand or other Career and Technology Studies strands to contexts that are personally relevant.

General Outcomes: *The student will:*

- propose, manage and assess a project
- meet goals as defined within the project plan
- demonstrate basic competencies.

COURSE CTR2210: WORKPLACE SAFETY (PRACTICES)

Level: Intermediate

Theme: Job Safety Skills

Prerequisite: CTR1210 Personal Safety (Management)

Description: Students explore workplace safety principles and practices, and apply these principles and practices to a variety of contexts.

General Outcomes: *The student will:*

- identify and describe hazard assessments and controls
- classify accidents and incidents and explain causation
- define ergonomics and describe its relationship to workplace safety
- demonstrate and describe standards/legislated practices associated with workplace safety, including:
  - farm/urban safety
  - fire safety
  - electrical safety
  - confined space safety
  - transportation of dangerous goods
- demonstrate basic competencies.

COURSE CTR2310: CAREER DIRECTIONS—EXPANSION

Level: Intermediate

Theme: Career Directions

Prerequisite: None

Description: Students build on work done in CTR1310: Career Directions—Foundations to update their learning/career plan, to enhance their career tool kit, and to update their action plan for strengthening essential competencies and learning capacity.

General Outcomes: *The student will:*

- refine and present the career portfolio, showing evidence of strengths and competencies, including accomplishments over the past year

- describe the career paths of two individuals working in different occupations in terms of their career planning and transition experiences

- update learning/career planner and expand personal career network/resource list

- prepare two alternative personal career transition scenarios—high school plus five years—including:
  - links to personal competencies, interests and goals
  - research of selected occupations/industries and learning requirements
  - research of present and lifelong learning opportunities

- refine and/or expand action plans to enhance essential competencies and to build learning capacity.

GENERAL OUTCOMES: ADVANCED LEVEL

COURSE CTR3010: PREPARING FOR CHANGE

Level: Advanced

Theme: Career Readiness

Prerequisite: CTR1010 Job Preparation

Description: Students develop knowledge and skills relating to the changing labour market, and relate these changes to analyzing and refining personal career plans.

General Outcomes: *The student will:*

- analyze the role of government and labour unions in relation to employers and employees

- gather and analyze appropriate labour market information related to selected occupations and incorporate the findings into a personal career plan

- demonstrate basic competencies.

COURSE CTR3020: ORGANIZATIONAL LEADERSHIP

Level: Advanced

Theme: Leadership

Prerequisite: CTR2020 Taking the Lead

Description: Students develop an understanding of the concept of organizations, and demonstrate leadership by establishing an organization and leading it to achieve a stated goal.

General Outcomes: *The student will:*

- explain the similarities and differences between leadership practices and management practices

- demonstrate leadership by establishing an organization, leading it to achieve a stated goal, and assessing the process and outcome

- demonstrate basic competencies.

COURSE CTR3030:   LEADING FOR CHANGE

Level: Advanced

Theme: Leadership

Prerequisite: CTR2030 Governance & Leadership

Description: Students investigate change and decision-making processes used in the school and/or community. They construct, propose and initiate the use of a project planning model to affect change.

General Outcomes: *The student will:*

- describe the change and decision-making processes used in a governance structure

- identify and record the organizational structures used in a school and in a community

- construct, propose and initiate the use of a project planning model

- demonstrate basic competencies.

COURSE CTR3040:   PRACTICUM A
COURSE CTR3050:   PRACTICUM B
COURSE CTR3060:   PRACTICUM C
COURSE CTR3070:   PRACTICUM D
COURSE CTR3080:   PRACTICUM E

Level: Advanced

Theme: Career Credentials

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in related Career and Technology Studies courses, previous practicums and other experiences.

General Outcomes: *The student will:*

- perform assigned tasks and responsibilities efficiently and effectively as required by the credentialling agency

- analyze personal performance in relation to established standards

- demonstrate basic competencies.

COURSE CTR3090: CLIENT SERVICE 3

Level: Advanced

Theme: Client Service

Prerequisite: CTR2040 Client Service 2

Description: Students build on the principles and practices of client service acquired in CTR2040 Client Service 2. Additional opportunities are provided for students to apply and to integrate, in real-life contexts, the knowledge, skills and attitudes developed through other courses.

The context of instruction for this course is determined by the other CTS strands to which it is linked.

General Outcomes: *The student will:*

- demonstrate and record professional client services, including:
  - applications of competencies learned in other courses
  - ethical behaviour
  - client service enhancement strategies
- demonstrate advanced quality control and marketing strategies
- manage client services
- demonstrate basic competencies.

COURSE CTR3110: PROJECT 3A
COURSE CTR3120: PROJECT 3B
COURSE CTR3130: PROJECT 3C
COURSE CTR3140: PROJECT 3D
COURSE CTR3150: PROJECT 3E

Level: Advanced

Theme: Career Extensions

Prerequisite: None

Description: Students, through projects, extend and enhance competencies developed in the Career Transitions strand or other Career and Technology Studies strands to contexts that are personally relevant.

General Outcomes: *The student will:*

- propose, manage and assess a project
- meet goals as defined within the project plan
- demonstrate basic competencies.

(Revised 1999)

COURSE CTR3210:   **SAFETY MANAGEMENT SYSTEMS**

Level: Advanced

Theme: Job Safety Skills

Prerequisite: CTR2210 Workplace Safety (Practices)

Description: Students conduct an in-depth investigation of safety management systems and demonstrate the ability to design a safety program for a selected business/industry.

General Outcomes: *The student will:*

- define "loss control" and describe "loss control" practices in a selected business/industry

- design a safety program for a selected business/industry, and specify safety management practices, standards and documentation requirements/ procedures

- gather and analyze accident/incident information, identify causation and recommend preventive measures

- demonstrate basic competencies.

COURSE CTR3310:   **CAREER DIRECTIONS—TRANSITIONS**

Level: Advanced

Theme: Career Directions

Prerequisite: None

Description: Students build on work done in CTR2310: Career Directions—Expansion to update their learning/career plan, and to ensure their career tool kit can support them as they make the transition from high school into the workplace or post-secondary learning.

General Outcomes: *The student will:*

- refine and present the career portfolio targeting specific applications related to personal career plans

- describe the career paths of two individuals working in different industry sectors in terms of their career planning and transition experiences

- update learning/career planner and expand personal career network/resource list

- update and assess personal career transition scenarios, including:
  - links to personal competencies, interests and goals
  - career planning process and principles
  - expectations and opportunities (potential career paths)
  - labour market and workplace trends

- refine and/or expand action plans to enhance essential competencies and to build learning capacity.

COMMUNITY
HEALTH

B. STRAND RATIONALE AND PHILOSOPHY

Although the family continues to be the primary source of support and nurture for individuals, much is changing. Shifts in the economy, social behaviours and expectations, and changes in technology and communication present new challenges to individuals, families and communities.

Life in the 21st century, with emerging medical technologies and new directions in health, will require skills and knowledge that enhance the ability of individuals and families to be effective and productive at home and in the outside world. To meet these challenges, Community Health, a strand in Career and Technology Studies, prepares students for the competencies required to attain and maintain good health and strong families and communities.

The World Health Organization defines health as "a state of physical, mental and social well-being and not merely the absence of disease or infirmity."★ Good health is more than personal wellness and self-discipline. It also involves getting along with others, a personal sense of control, the ability to cope with stress, minimizing health risks, and maintaining meaningful work, a clean, safe environment and maintaining positive relationships with family and friends.

Within the philosophy of Career and Technology Studies, *students* in Community Health *will*:

- develop and use knowledge, skills and attitudes enabling them to assume a responsible and holistic approach to healthy living

- enhance personal, family and community well-being throughout their lifespan, by promoting healthy lifestyles

- develop abilities, confidence and flexibility as they become aware of and prepared for the challenging and rewarding array of career choices in the health care area

- review and assess existing social, physical, economic and cultural conditions affecting the wellness of individuals, families and communities in the world today

- practise and achieve competencies related to the healthy development and care of individuals throughout the lifespan

- become knowledgeable and responsible health consumers

★ *Principles of the World Health Organization.* The World Health Organization, 1947.

- demonstrate critical thinking skills, responsible decision making, and management skills in dealing with personal and community health care challenges

- demonstrate flexible, cooperative work behaviour and effective communication and leadership skills

- transfer and apply competencies developed in other courses, hobbies, interests, volunteer activities or work

- demonstrate efficient use of technologies and understand how such technologies influence individual and family life, and community health

- become continuous learners throughout their life.

SCOPE AND SEQUENCE

INTRODUCTORY	INTERMEDIATE	ADVANCED	THEME
Family Dynamics *CMH1010*	Adolescent Health Issues *CMH2010*	Family Issues *CMH3010*	Sociocultural Perspectives
	Community Volunteerism *CMH2030*	Perspectives on Marriage *CMH3140*	
		Parenting *CMH3020*	
		Aging *CMH3030*	
Caring for Children *CMH1040*		Prenatal & Postnatal Care *CMH3040*	Skills for Caring
Child Development *CMH1050*	Day Care 1 *CMH2050*	Day Care 2 *CMH3050*	
Home Care 1 *CMH1060*	Home Care 2 (Personal Care Services) *CMH2060*	Home Care 3 (Special Conditions) *CMH3060*	
	Sensory Challenges *CMH2070*	Challenged Individuals *CMH3070*	
Perspectives on Health *CMH1080*	Respiratory System *CMH2080*	Digestive System *CMH3080*	Health Sciences
	Circulatory System *CMH2090*	Nervous/Endocrine Systems *CMH3090*	
	Musculoskeletal System *CMH2100*	Mental Health *CMH3100*	
	Complementary Therapies *CMH2110*	Advances in Medical Technology *CMH3110*	
Personal Safety (Management)† *CTR1210*	First Aid/CPR *CMH2120*	FirstAid/CPR for Children *CMH3120*	Injury Prevention
	Sports First Aid 1 *CMH2130*	Sports First Aid 2 *CMH3130*	

——— Prerequisite   - - - - Recommended sequence

† Course is also offered in Career Transitions.

GENERAL OUTCOMES: INTRODUCTORY LEVEL

COURSE CMH1010:   FAMILY DYNAMICS

Level: Introductory

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students examine family structures, and roles and responsibilities, involved in meeting the demands of today's society. Students study past family and health patterns to determine how such patterns influence family life now and in the future.

                          Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- describe historical and contemporary families, and their importance in society as a basic social institution

- demonstrate effective communication skills appropriate for resolving family conflicts

- show a health action plan based upon a summary of past and present health history of an individual

- describe the effect of personal career choices on:
  - self
  - family
  - friends
  - school/community

- demonstrate basic competencies.

COURSE CMH1040: CARING FOR CHILDREN

Level: Introductory

Theme: Skills for Caring

Prerequisite: None

Description: Students focus on accident prevention, handling emergencies, and the rights and
                            responsibilities of the caregiver (babysitter) and the families.

General Outcomes: *The student will:*

- identify the rights and responsibilities of the babysitter/caregiver, the
  babysitter's family and the employer

- demonstrate the knowledge and skills required for child care, including:
  - infant caregiving skills
  - food selection and presentation
  - selection of safe and appropriate play activities
  - first-aid skills

- identify appropriate solutions to babysitting problems and emergency
  situations

- describe personal competencies in providing child care, and show a
  personal plan of action that will promote effective child care

- demonstrate basic competencies.

COURSE CMH1050: CHILD DEVELOPMENT

Level: Introductory

Theme: Skills for Caring

Prerequisite: None

Description: Students examine the needs and behaviours of children in various stages of development, and demonstrate management and caregiving skills applicable to each developmental stage. Students identify various community care facilities and observe how different centres meet the needs of the children and family. Students explore their interest in working with young children.

General Outcomes: *The student will:*

- identify the physical, mental and social development of children, ages 0–6, and describe the appropriate care required for each developmental stage

- identify appropriate solutions to child care problems and emergency situations

- identify child-focused community resources, and evaluate the programs based on individual child and family needs

- identify career opportunities related to community child care

- demonstrate basic competencies.

COURSE CMH1060: HOME CARE 1

Level:	Introductory
Theme:	Skills for Caring
Prerequisite:	None
Description:	Students study the roles, rights and responsibilities, communication and management skills necessary to providing home care. To further gain understanding of home care, students study the promotion and maintenance of a healthy integumentary system. Community support resources are identified.
General Outcomes:	*The student will:*

- describe the impact on the individual and his or her family when home care is required

- describe the management of home care with respect to:
  - roles, rights and responsibilities of caregivers
  - support resources available
  - importance of providing respite care for the primary caregiver

- identify and describe factors related to promoting and maintaining a healthy integumentary system

- demonstrate procedures for providing effective home care

- demonstrate basic competencies.

COURSE CMH1080: **PERSPECTIVES ON HEALTH**

Level: Introductory

Theme: Health Sciences

Prerequisite: None

Description: Students identify the determinants of good health, and examine how these determinants affect personal well-being. Students also discuss the shared roles, rights and responsibilities of health services and the changing trends in health.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- identify determinants of good health and describe how they affect all dimensions of well-being
- describe the physical make-up of the human body
- describe how health involves shared roles, rights and responsibilities between the individual and society
- describe a current health issue that focuses on the changes in health services
- demonstrate basic competencies.

COURSE CTR1210: **PERSONAL SAFETY (MANAGEMENT)**

Level: Introductory

Theme: Injury Prevention

Prerequisite: None

Description: Students develop practical safety-related knowledge, skills and attitudes, and obtain certification in emergency first aid.

General Outcomes: *The student will:*

- identify and describe:
  - health and safety stakeholders
  - legislation relating to health and safety
  - hazards; e.g., office safety
  - careers in safety
- demonstrate basic health and safety practices, including:
  - burn prevention
  - use of personal protective equipment (PPE)
  - back care
- describe and implement a personal health and safety plan
- complete, successfully, a course in emergency first aid (EFA)
- demonstrate basic competencies.

GENERAL OUTCOMES: INTERMEDIATE LEVEL

COURSE CMH2010: ADOLESCENT HEALTH ISSUES

Level: Intermediate

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students explore and examine various health issues that are of interest to modern adolescent teens, and identify community resources available to teenagers.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- compare and contrast contemporary North American adolescents with adolescents of a previous era or a different culture

- identify and describe health issues that affect the well-being of the adolescent

- identify and evaluate community resources that are available for adolescents, and profile a career opportunity in this area

- describe a personal action plan that will promote well-being throughout the lifespan

- demonstrate basic competencies.

COURSE CMH2030:   COMMUNITY VOLUNTEERISM

Level: Intermediate

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students, through exploration and participation, examine and demonstrate the roles of effective community volunteers.

General Outcomes: *The student will:*

- perform, as a volunteer, assigned tasks and responsibilities efficiently and effectively

- describe personal performance as a volunteer

- identify and describe careers related to community volunteerism

- demonstrate basic competencies.

COURSE CMH2050:   DAY CARE 1

Level: Intermediate

Theme: Skills for Caring

Prerequisite: None

Description: Students investigate the roles and responsibilities of a child care worker, and develop communication and observation skills. Students also develop skills to assist in the physical, social, emotional and intellectual development of children from birth to age six.

General Outcomes: *The student will:*

- describe the roles and responsibilities of a child care worker

- identify aspects of safety that must be considered in a day care setting

- demonstrate communication and observation skills necessary for effective child care

- identify strategies to promote physical, emotional, social, intellectual and creative development of a child

- describe developmentally appropriate experiences, materials and activities that promote language development

- describe personal competencies in relation to professional day care standards

- demonstrate basic competencies.

COURSE CMH2060:   HOME CARE 2 (PERSONAL CARE SERVICES)

Level: Intermediate

Theme: Skills for Caring

Prerequisite: CMH1060 Home Care 1

Description: Students identify and demonstrate the skills necessary to provide personal care services for individuals with special needs, recognizing the impact on the individual and family members.

General Outcomes: *The student will:*

- identify the basic needs of client, caregiver and the client's family
- demonstrate personal care recording and reporting procedures
- identify a situation and recommend solutions for individuals with special conditions
- describe personal competencies that would influence choosing a career in home care
- demonstrate basic competencies.

COURSE CMH2070:   SENSORY CHALLENGES

Level: Intermediate

Theme: Skills for Caring

Prerequisite: None

Description   Students examine sensory challenges and the impact on the individual and family dynamics, and identify available community resources and technologies. Students also have an opportunity to study communication skills for sensory challenged individuals.

General Outcomes: *The student will:*

- identify situations and recommend solutions for sensory challenged individuals
- describe a personal action plan that will promote and maintain a healthy sensory system
- demonstrate techniques that assist communication with a sensory challenged individual
- identify career opportunities related to the field of sensory challenges
- demonstrate basic competencies.

COURSE CMH2080:   RESPIRATORY SYSTEM

Level:	Intermediate
Theme:	Health Sciences
Prerequisite:	None

Description: Students study the anatomy, physiology and pathology of the respiratory system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills necessary to deal with respiratory conditions as they affect the individual, family and friends. Students also identify community support resources.

General Outcomes: *The student will:*

- identify and describe the anatomy, physiology, pathology, causes, treatment, prevention, impact and support resources available for selected respiratory conditions
- describe the causes, signs and symptoms, treatment and prevention of respiratory emergencies
- describe a personal action plan that will promote and maintain a healthy respiratory system
- identify career opportunities related to respiratory health
- demonstrate basic competencies.

COURSE CMH2090: CIRCULATORY SYSTEM

Level: Intermediate

Theme: Health Sciences

Prerequisite: None

Description: Students study the anatomy, physiology and pathology of the circulatory system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills necessary to deal with circulatory conditions as they affect the individual, family and friends. Students also identify community support resources.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- identify and describe the anatomy, physiology, pathology, causes, treatment, prevention, impact and support resources available for selected cardiovascular conditions

- describe the causes, signs and symptoms, treatment and prevention of cardiovascular emergencies

- describe a personal action plan that will promote and maintain a healthy cardiovascular system

- describe an ethical issue related to cardiovascular health

- identify career opportunities related to cardiovascular health

- demonstrate basic competencies.

COURSE CMH2100: MUSCULOSKELETAL SYSTEM

Level: Intermediate

Theme: Health Sciences

Prerequisite: None

Description: Students study the anatomy, physiology and pathology of the musculoskeletal system to gain an appreciation for practicing a healthy lifestyle, and to acquire the knowledge and skills necessary to deal with musculoskeletal conditions as they affect the individual, family and friends. Students also identify community support resources.

General Outcomes: *The student will:*

- identify and describe the anatomy, physiology, pathology, causes, treatment, prevention, impact and support resources available for selected musculoskeletal conditions

- describe the causes, prevention, signs and symptoms, treatment and prevention of musculoskeletal emergencies

- identify a personal action plan that will promote and maintain healthy muscular and skeletal systems

- identify career opportunities related to the musculoskeletal system

- demonstrate basic competencies.

COURSE CMH2110: COMPLEMENTARY THERAPIES

Level: Intermediate

Theme: Health Sciences

Prerequisite: None

Description: Students examine complementary therapies, their foundations, applications, costs, ethical issues and predictions for the future.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*
- describe and critique a complementary therapy
- identify career opportunities in complementary therapies
- demonstrate basic competencies.

COURSE CMH2120: FIRST AID/CPR

Level: Intermediate

Theme: Injury Prevention

Prerequisite: None

Description: Students study first-aid skills, and demonstrate techniques and procedures for dealing with emergency situations.

General Outcomes: *The student will:*

- identify the roles and responsibilities of the first-aider
- identify situations and recommend solutions to life-threatening emergencies
- demonstrate first-aid procedures required in emergency situations
- describe how to meet the physical, emotional, psychological and social needs of all individuals involved in an emergency
- describe a personal action plan to prevent emergency situations and injuries at home, at work and in the community
- demonstrate basic competencies.

COURSE CMH2130: SPORTS FIRST AID 1

Level: Intermediate

Theme: Injury Prevention

Prerequisite: None

Description: Students learn different aspects of sports injuries, first-aid care and prevention of athletic injuries.

General Outcomes: *The student will:*

- describe how the roles and responsibilities of an athletic first-aider help promote and maintain healthy athletes and reduce sports injuries
- identify situations and recommend solutions for common athletic injuries
- develop a game plan and emergency action plan as an athletic first-aider
- demonstrate basic competencies.

GENERAL OUTCOMES: ADVANCED LEVEL

COURSE CMH3010: **FAMILY ISSUES**

Level: Advanced

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students examine changes that occur within a family and the required adjustments family members must make. Cultural diversities are investigated and community resources are identified.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- describe changing rights, responsibilities and family dynamics that occur throughout the family life cycle

- compare and contrast families from diverse cultures

- describe the effect on the physical, mental and social well-being of the family as changes occur in careers, relationships, personal life and financial situations

- identify career choices by compiling a community family support services directory

- demonstrate basic competencies.

COURSE CMH3020: PARENTING

Level: Advanced

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students examine parenting, current family dynamics and related issues, and enhance potential parenting skills.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- identify and describe different parenting styles, and assess their influence on family dynamics. Consider:
  - authoritarian
  - permissive
  - democratic
  - uninvolved
  - cultural diversities

- identify the rewards and challenges of parenting, including: financial, emotional, societal, educational, health

- describe personal psychological, physical, financial and philosophical readiness for parenting

- identify related career opportunities in parenting

- demonstrate basic competencies.

COURSE CMH3030: AGING

Level: Advanced

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students gain an understanding of the issues involved with the aging process and the impact of such issues on the individual, the family and the community. Students identify community resources and recognize the importance of seniors as a resource to the community.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- identify the contributions seniors make to society

- identify the physical, economic, emotional and intellectual changes that occur with aging and the adaptations required

- describe a personal action plan to prepare for healthy aging

- describe the signs, symptoms and care required for age-related conditions

- identify various adjustments required as a result of loss

- identify and evaluate community support resources and profile a career related to the aging community

- demonstrate basic competencies.

COURSE CMH3040: PRENATAL & POSTNATAL CARE

Level: Advanced

Theme: Skills for Caring

Prerequisite: None

Description: Students focus on the impact of pregnancy on physical, mental and social well-being, and understand the significance of prenatal, labour, delivery and postnatal care.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- describe the process of pregnancy, labour, delivery, and the puerperium, and identify both normal changes and complications that may arise in order to assess care measures required

- describe the impact of pregnancy and birth of a child on all members of the family, taking into consideration different maternal ages and different cultures

- identify the importance of lifestyle choices on maternal/fetal health throughout pregnancy and the puerperium

- identify and evaluate community resources and career opportunities in prenatal and postnatal care

- demonstrate basic competencies.

COURSE CMH3050: DAY CARE 2

Level: Advanced

Theme: Skills for Caring

Prerequisite: CMH2050 Day Care 1
                    Practicum course from the Career Transitions Strand in a Day Care Centre

Description: Students continue to study the development and care of children, focusing on the importance of play and guiding behaviour.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- describe strategies to encourage a child's creativity

- identify the characteristics of play, recognize its value and understand how it contributes to children's development

- identify what needs to be provided for play in order for children to grow and develop, and to describe the adult role in supporting self-directed play

- describe ways that caregivers carry out routines to enhance a child's development in a safe and nurturing way

- describe methods of solving behaviour problems, using appropriate child guidance techniques

- describe how day care regulations ensure quality day care

- identify practices related to child safety and illness/injury prevention

- describe how day care staff and families can work together in the best interest of the child

- describe types and signs of possible child abuse/neglect, and indicate the day care workers' responsibility

- identify career opportunities related to day care services

- demonstrate basic competencies.

COURSE CMH3060:   HOME CARE 3 (SPECIAL CONDITIONS)

Level:	Advanced
Theme:	Skills for Caring
Prerequisite:	CMH2060 Home Care 2 (Personal Care Services)
Description:	Students continue to learn about home care as it relates to special conditions, special treatments, loss, long-term care and the palliative process.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- identify individuals with special needs or conditions, safety requirements, and demonstrate or describe the skills necessary to assist with special care treatments

- describe home care as it relates to loss, long-term care, and the palliative process

- identify career opportunities related to home care/personal care services

- demonstrate basic competencies.

COURSE CMH3070:   CHALLENGED INDIVIDUALS

Level:	Advanced
Theme:	Skills for Caring
Prerequisite:	None
Description:	Students recognize the diversity of experiences facing individuals who are physically and/or mentally challenged, and identify available community resources for such individuals.

General Outcomes: *The student will:*

- identify situations affecting challenged individuals and recommend solutions

- identify and evaluate community resources and profile a career opportunity related to working with challenged individuals

- demonstrate basic competencies.

COURSE CMH3080: DIGESTIVE SYSTEM

Level: Advanced

Theme: Health Sciences

Prerequisite: None

Description: Students study the anatomy, physiology, pathology and treatment of the digestive and elimination systems. They gain an appreciation for practicing a healthy lifestyle, and acquire the knowledge and skills necessary to deal with digestive and elimination conditions as they affect the individual, family and friends. Students also identify community support resources.

General Outcomes: *The student will:*

- identify and describe the anatomy, physiology, pathology, causes, treatment, prevention, impact and support resources available for selected digestive and elimination conditions

- describe the causes, signs and symptoms, treatment and prevention of digestive and elimination emergencies

- describe a personal action plan that will promote and maintain healthy digestive and elimination systems

- identify career opportunities related to digestive and elimination systems

- demonstrate basic competencies.

COURSE CMH3090: NERVOUS/ENDOCRINE SYSTEMS

Level:	Advanced
Theme:	Health Sciences
Prerequisite:	None
Description:	Students study the anatomy, physiology and pathology of the nervous/endocrine systems. They gain an appreciation for practicing a healthy lifestyle, and acquire the knowledge and skills necessary to deal with nervous/endocrine conditions as they affect the individual, family and friends. Students also identify community support resources.

General Outcomes: *The student will:*

- identify and describe the anatomy, physiology, pathology, causes, treatment, prevention, impact and support resources available for selected nervous and endocrine conditions
- describe the causes, signs and symptoms, treatment and prevention of neurological and endocrine emergencies
- describe a personal action plan that will promote and maintain healthy nervous and endocrine systems
- identify career opportunities related to nervous and endocrine systems
- demonstrate basic competencies.

COURSE CMH3100: MENTAL HEALTH

Level:	Advanced
Theme:	Health Sciences
Prerequisite:	None
Description:	Students study the parameters of mental well-being and the causes, signs, symptoms and treatment of mental illness. Students learn coping skills, and identify community support resources.

General Outcomes: *The student will:*

- describe indicators of mental well-being
- identify common stressors, the body's response to stress, and provide solutions for coping with stress
- identify causes, signs and symptoms, pathology, treatment, prevention, impact and support resources for psychological disorders
- identify career opportunities related to mental health
- demonstrate basic competencies.

COURSE CMH3110:   ADVANCES IN MEDICAL TECHNOLOGY

Level: Advanced

Theme: Health Sciences

Prerequisite: None

Description: Students focus on the social, emotional and economic impact of health technology. Related ethical issues are also examined.

General Outcomes: *The student will:*

- compare and contrast past, present and future trends in health services
- identify services, diagnostic procedures and health technologies available in acute, rehabilitation and extended care centers
- identify and discuss emerging technologies, including description, availability, social and emotional impact, economics and ethical issues
- identify career opportunities related to medical technology
- demonstrate basic competencies.

COURSE CMH3120:   FIRST AID/CPR FOR CHILDREN

Level: Advanced

Theme: Injury Prevention

Prerequisite: None

Description: Students identify a child-safe environment and recognize life-threatening emergencies or medical conditions, and demonstrate appropriate first-aid procedures.

General Outcomes: *The student will:*

- identify practices that provide a safe environment for infants and children
- identify signs and symptoms and recommend action for childhood emergencies and suspected child abuse and/or neglect
- identify an emergency situation and demonstrate first-aid/CPR skills for childhood emergencies
- identify career opportunities related to first aid/CPR for children
- demonstrate basic competencies.

COURSE CMH3130: **SPORTS FIRST AID 2**

Level: Advanced

Theme: Injury Prevention

Prerequisite: CMH2130 Sports First Aid 1

Description: Students focus on the application of knowledge, skills and techniques to enhance athletic performance, and identify common athletic injuries, therapeutic solutions and rehabilitation strategies.

General Outcomes: *The student will:*

- demonstrate management of resources and activities of an athletic first-aider
- describe activities that enhance athletic performance
- identify situations that precipitate common athletic injuries, and recommend preventive and therapeutic solutions and rehabilitation
- identify career opportunities in sports first aid
- demonstrate basic competencies.

COURSE CMH3140: **PERSPECTIVES ON MARRIAGE**

Level: Advanced

Theme: Sociocultural Perspectives

Prerequisite: None

Description: Students examine relationships and related issues as they apply to marital relationships, and acquire life skills that will help them now and in the future.

Note: This course includes concepts that may be particularly sensitive to students, parents or community members.

General Outcomes: *The student will:*

- identify factors that affect healthy marriages
- describe legal implications before/during and after marriage
- describe issues that affect marriages today
- describe a personal philosophy on marriage
- describe the resource management skills necessary when planning a marriage ceremony
- demonstrate basic competencies.